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877-995-5247

JBSA Sexual Assault Hotline
808-SARC (7272)

JBSA Domestic Abuse Hotline
367-1213

JBSA Duty Chaplain
221-9363

A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO-FORT SAM HOUSTON

SUICIDE PREVENTION

THE POWER OF 1

SUICIDE PREVENTION

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CFC CAMPAIGN UNDERWAY

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WATCHING OVER THE QUAD

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Photo by Esther Garcia

Brig. Gen. R. Scott Dingle (left), U.S. Army Medical Command deputy chief of staff for operations, and Lt. Col. Marion Jefferson, executive officer, Office of the Chief, Medical Service Corps, salute to the sounds of taps during the presentation of a wreath in honor of fallen Medical Service Corps officers at a Sept. 11 remembrance ceremony held at the Fort Sam Houston National Cemetery.

9/11 ceremony remembers fallen Medical Service Corps officers

By Esther Garcia
AMEDDC&S, HRCOE Public Affairs

The names of Lt. Col. Karen Wagner, Lt. Col. David Cabrera, Maj. Charles Soltes, Capt. John Teal, 1st Lt. Ashley White-Stumpf and 2nd Lt. Emily Perez were read aloud by Brig. Gen. Scott Dingle as he asked for a moment of silence at the U.S. Army Medical Service Corps 9/11 Remembrance Ceremony honoring the six Medical Service Corps

officers who paid the ultimate sacrifice as a result of the terrorist attack on Sept. 11, 2001 and in support of combat operations.

Military leaders, officers, non-commissioned officers, Soldiers, civilians and friends of the Fort Sam Houston medical community gathered on the hallowed grounds of the Fort Sam Houston National Cemetery Sept. 11 to pay homage and honor the six medical officers in a ceremony that included a wreath presenta-

tion and the playing of taps by Staff Sgt. James Walker, a member of the 323rd Army Band.

Dingle, the U.S. Army Medical Command deputy chief of staff for operations, consultant to the Army Surgeon General and guest speaker at the ceremony, quoted Gen. Douglas MacArthur who once said, "No one desires peace as much as the Soldier, for it is he who must pay the greatest penalty

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Suicide prevention: How 1 person can make a difference

By Katie Lange

DOD News, Defense Media Activity

Thoughts of suicide are not necessarily something people explicitly announce to the world, which means loved ones often have no idea that their friend or family member is contemplating it.

But there are signs and risk factors, and while you might be thinking you can't make a difference by yourself, you're wrong. Experts say that's sometimes all it takes.

That's the point of the "Power of 1" campaign, launched by the Defense Department and Department of Veterans Affairs in observance of National Suicide Prevention Month.

"One smile, one conversation, one comment, one caring gesture toward somebody at risk can make a difference in their experience and perhaps instill hope and get them to help," said Dr. Keita Franklin, Defense Suicide Prevention Office director.

The No. 1 thing to know: Suicide is preventable. Warning

signs are just missed sometimes.

"Inevitably, we always know that somebody has told somebody that they were struggling," Franklin said of her office's research. "Unfortunately, that person may not have known the extent of the risk."

To be better prepared, here are some of the signs you can look for:

- Expressing sadness often
- Anxiety and agitation
- Deteriorating physical appearances and neglect of personal welfare
- Sleeping all the time, or having trouble sleeping,
- Withdrawing from friends and family
- Losing interest in hobbies; loss of appetite
- Performing poorly at work or school
- Dramatic and frequent mood changes
- Acting recklessly; showing violent, self-destructive behavior
- Expressing feelings of guilt, shame or failure
- Desperation – feeling like there's no way out or no solution

to the problem

- Giving away prized possessions
- Making out a will or otherwise getting his or her affairs in order
- Trying to secure weapons, pills or other things that can be used for harm

Common risk factors for suicide include relationship, financial or legal struggles.

Franklin said a big part of suicide prevention in the military is making sure those at risk feel like they belong and are valued in their roles. That means making sure the at-risk person knows his or her chain of command cares and is willing to help – that it's OK to not be OK.

"Leaders need to be able to convey to their units that people can bounce back from their stress issues and that they're not always terminally broken," Franklin said.

She said it's important for at-risk people to know that getting help with mental health issues is a sign of strength, not weakness.



"It's a big first step, and it can save a life, whether you're the person at risk or the person helping the person at risk," Franklin said.

She said service members are also provided peer-to-peer training that focuses on them looking for signs and risk factors and, more importantly, asking the question, "Are you thinking of killing yourself?"

"We won't know if people are at risk until then," Franklin said.

For more resources on how to support military members and veterans in crisis, visit <http://www.Veteranscrisisline.net> or the Defense Suicide Prevention Office website at <http://www.dspo.mil/>.

Service members and veterans who need help can call the Military Crisis Line and speak to a counselor by dialing 800-273-TALK and pressing 1.

DOD statistics show that in 2014, there were 268 confirmed suicides among active-duty military members, 79 confirmed in the reserves and 87 in the National Guard.

Suicide prevention starts with you: Learn to identify and act on warning signs

By Anita Spiess, Dr. Eren Watkins and Lt. Col. David Bowerman

Army Public Health Center (Provisional)
Aberdeen Proving Ground, Md.

Your boss gives you a poor performance review. Your girlfriend or boyfriend or spouse says, "That's it. I'm gone."

You're afraid your pay won't stretch to cover both your rent and your credit card bill. We have all experienced blows to our self-esteem, problems at work, losses of people important

to us and anxiety about how to pay our bills.

So if these things are happening to a friend, you can understand how they are feeling. But how do we recognize when that friend is considering suicide?

Here are some scenarios that illustrate warning signs and some stressors that might put someone at risk for suicide:

Mike was always punctual, safe and careful. These days he is often late to work and has been missing meetings. He's also

driving his motorcycle irresponsibly as if it was a game, cutting in and out of traffic. He had set his sights on Ranger school but recently learned he was not accepted. Major changes in behavior and reckless behavior may signal that a person is contemplating suicide.

Jane usually has a glass of wine with dinner. Now she is putting away a pint of bourbon every night. It's solitary drinking; she is not hanging out with friends like she used to. Her

mother died a couple of months ago, so maybe it is related to that. Withdrawal from friends may be a sign of suicidal ideation and self-medication with alcohol or drugs increases the risk of negative moods and impulsive behavior.

Recently, every conversation with George ends up with a story of some death he has heard about. He even tried to give his guitar to Graham. That

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News Briefs

Hispanic American Heritage Month Cultural Celebration

The Joint Base San Antonio-Fort Sam Houston Hispanic American Heritage Month cultural celebration is sponsored by U.S. Army South and takes place at 11 a.m. Sept. 25 at the Fort Sam Houston Theater and includes food, dancing and music.

Gazebo Concert Features International Military Marches

The 323rd Army Band "Fort Sam's Own" presents "Marches: They're Not Just For A Change Of Command" free gazebo concert at 7 p.m. Sept. 27 at the tennis courts on Staff Post Road. The evening of colorful marches from around the world will feature the "Latin Invasion" part of the band as well.

Air Force Military Ambassador Program Accepting Applications

Two articulate, self-confident Air Force, Air Force Reserve or Air National Guard members are needed to serve as military ambassadors at community events to represent Joint Base San Antonio in 2016. One male and one female ambassador are chosen each year to represent the Air Force at many community events and promote the military's commitment and relationship with the local community around South Texas. All E-4 to E-7 Air Force members, who are 21 years old and older and assigned to Joint Base San Antonio are eligible to apply to be a military ambassador. Once nominated, candidates appear before a selection board of chief master sergeants and former Air Force ambassadors. The selection panel reviews applications, conducts interviews and selects the ambassadors. Nomination deadline is Oct. 16. For more information, call 808-0002.

Westover Medical Home Open

The Westover Medical Home on the Northwest side of San Antonio is open. TRICARE beneficiaries who want to enroll or move to the new Westover location can visit <https://www.humanamilitary.com> or call 800-444-5445. For beneficiaries age 65 or older, call 808-2721 for more information. People are encouraged to call soon as enrollment opportunities

U.S. Army South urges people to 'take action' to prevent suicide

By Sgt. Mahlet S Tesfaye
U.S. Army South Public Affairs

"Take Action" is the theme for this year's Suicide Prevention Awareness Month, encouraging people to intervene and help their battle buddies receive the right help at the first sign of suicidal thoughts.

U.S. Army South is providing training to its members and reminding them of the importance of not only knowing the signs of suicide, but also knowing where to go to get the right care including behavioral health care.

"In training we talk about Soldiers seeking help through their chaplain and behavioral health provider," said John Dale, supervisory suicide prevention program manager for Army South. "We talk about leaders reducing the stigma of seeking behavioral health. We

empower Soldiers and Department of Army civilians in being able to identify the warning signs and risk factors of suicide and help them identify some protective factors to combat the risk factors in their lives."

One of the resources available for service members, their dependents and civilian employees is the Behavioral Health Services on Fort Sam Houston where they can receive care on a walk-in or referral bases by trained professionals.

"The most important part is to ask for help," said Col. Steve Lewis, director of psychological health at the San Antonio Military Medical Center. "For some people, that is the hardest part. There remains a stigma of seeking behavioral healthcare that requires personal courage and strength to overcome when seeking care. We have dedicated professionals ready

to help Soldiers who are struggling with distress and thoughts of suicide."

Although there are many warning signs of suicide, the Army's suicide prevention training program "Ask, Care, Escort." has been a helpful tool for Soldiers, civilians and family members to use as a guide to recognize and react accordingly to prevent a possible suicide.

The behavioral health clinics are staffed by multi-disciplinary teams of behavioral health professionals to include psychiatrists, clinical psychologists, clinical social workers and psychiatric nurse practitioners all dedicated to providing quality and compassionate care.

"Soldiers and family members experiencing psychological distress, especially depression, substance use disorders and other disorders like post-traumatic stress disorder are at

heightened risk for suicide so it is imperative that everyone is aware of what help is available to them," Lewis said.

In order to reduce the number of suicides in the military, individuals and leaders have the responsibility to take action and encourage anyone who is experiencing emotional or psychological distress to seek professional help.

"This year, as the Army observes Suicide Prevention Month in September and supports the National Suicide Prevention Week, I challenge each of you to 'Take Action,'" noted Maj. Gen. K.K. Chinn, Army South commanding general, in his written message to members of his command. "Take action to help a friend, family member or Soldier. Take action to increase your personal resiliency. Take action to keep our Army Strong."

2015 5K RUN FOR LIFE AT JOINT BASE SAN ANTONIO



Photo by Ed Dixon

Brig. Gen. Bob LaBrutta, 502nd Air Base Wing and Joint Base San Antonio commander, and 502nd ABW Command Chief Stanley Cadell (center), were joined by hundreds of military members, civilian personnel and family members as they run down Stanley Road during the 2015 5K Run For Life at JBSA-Fort Sam Houston Sunday. Another run took place at Eberle Park on JBSA-Randolph Saturday and the final run is at the Gillum Fitness Center on JBSA-Lackland, with free registration at 7 a.m. and the run beginning at 8 a.m. Sept. 26. The events promote awareness of the resources available to assist service members and their families with fitness, resiliency and suicide prevention. The top three male and female runners will win awards and all participants receive an "I Run For Life" reflective belt and finisher's dog tag, while supplies last. For more information, visit <http://www.facebook.com/JBSArunforlife> and <http://www.facebook.com/JointBaseSanAntonio>.

Joint Base San Antonio Combined Federal Campaign underway

By Steve Elliott

JBSA-Fort Sam Houston
Public Affairs

The 2015 San Antonio Area Combined Federal Campaign is in full swing, with military members and federal civilians being asked to make a difference in the lives of those less fortunate by making a donation to their favorite charity.

The Combined Federal Campaign is the once-a-year workplace campaign available to federal employees which eliminates year-round on-the-job solicitations, while allowing employees a convenient way to give to the charitable organizations of their choice. The San Antonio area campaign is made up of 167 local military and federal organizations with more than 66,000 employees.

It is also the only authorized solicitation of federal employees in their workplaces. The Office of Personnel Management regulates the CFC and provides guidance and oversight to the local campaigns. OPM is accountable for assuring federal employees that their designations are honored and

distributed to the charitable organizations of their choice and maintains strict eligibility and public accountability criteria that all participating CFC charities must meet.

In 2014, contributions from Joint Base San Antonio members totaled \$3,365,812, making San Antonio the ninth largest CFC campaign in the world. For 2015, the goal has been set at \$3.8 million.

"As with all CFC campaigns, the overall goal is to ensure that all eligible military and federal employees are given the opportunity to make a pledge to the charity or charities of their choice," said Rick Robel, CFC director for the United Way of San Antonio and Bexar County. "While we have set a monetary target this year of \$3.8 million, we will continue to focus on efforts to ensure 100 percent of the personnel are contacted. If done properly, the overall amount raised will take care of itself."

There are new ways people can contribute and get information



about CFC-approved charities, Robel noted, in addition to the traditional contributions by check and cash. If desired, contributions can also be made anonymously.

For example, there is now a "search charities" tool on the San Antonio Area CFC website at <http://www.cfcsanantonio.org> that connects to an online database – identical to the printed charity brochure – where donors can review more than 2,800 charities by name, location, category, fundraising rates and more.

The database can display national, international and local organizations that have met CFC eligibility requirements. Key elements include: the organization's new five-digit CFC code, the legal name in parentheses shown if it is "doing business as" under another name, the employer identifica-

tion number, a 25-word statement of purpose (except in abbreviated listings), its administrative and fundraising expense rate and its service categories (taxonomy codes).

Military members and DOD civilians can also make payroll deductions directly from their myPay accounts as well by using the San Antonio Area CFC website's direct link to the myPay website (<https://mypay.dfas.mil>) and instructions on how to contribute.

"For 2015, we are excited to continue an on-line payroll deduction pledge option for all military and DOD civilians through myPay," Robel said. "This option allows employees to make their pledge directly with Defense Finance and Accounting Services, thus eliminating the need for coordinators to physically walk paper pledge forms to finance."

Donors can contribute to charities that work around the world or right in their backyard. In the San Antonio area, there are 175 local participating charities, including three local federations.

"Thanks to the gener-



Photo by Steve Elliott

Brig. Gen. Bob LaBrutta (center), commander of the 502nd Air Base Wing and Joint Base San Antonio, signs his Combined Federal Campaign form with the assistance of 2nd Lt. Christina Muncey (left) and Master Sgt. Elliott Velez. Muncey is the wing staff agency CFC project officer and Velez is the installation CFC project officer. The CFC season started Tuesday and runs through Nov. 15. The JBSA goal for this year's campaign is \$3.06 million, Velez said. For more information, contact unit CFC representatives or visit <http://www.cfcsanantonio.org>.

osity of JBSA contributors in 2014, we were ranked No. 1 in Texas and No. 9 out of 151 CFC campaigns worldwide," Robel said. "The CFC belongs to you – the federal employee. It doesn't belong to the federal government, the United Way or to the charitable organizations that benefit from it. You control where your gift will go.

"You don't have to go far to find people in

need. Many of your family members, friends and neighbors will at some point benefit from the services of charities participating in the CFC," Robel added. "Whether it's advances in medicine provided by research, support for our aging parents, disaster assistance or the opportunity for a child to participate in after school programs – we all have something to gain by supporting the campaign."



Volunteers needed for ‘green’ project on JBSA-Fort Sam Houston

By Bryan Hummel
502nd Civil Engineer Squadron

Anyone interested in volunteering to make a difference in the environment on Joint Base San Antonio-Fort Sam Houston can take part in a National Public Lands Day Project at the 502nd Air Base Wing headquarters building, building 247, located at 2080 Wilson Way near the Cunningham Gate from 8 a.m. until 5 p.m. Sept. 26 and 27.

Volunteers will learn about native plants, our native pollinators, what causes flash flooding and how our local hydrology works. “Green” infrastructure will be installed for flood control, groundwater recharge and pollinator habitat regeneration.

There are about 1,800 plants ordered and lots of wildflower seed to be spread, so there are plenty of opportunities for adults and children to help create a beautiful pollinator habitat with butterfly retreat seed mix, as well as hummingbird and songbird seed mix.

Parents, teachers, Boy Scouts, Girl Scouts, troops, retirees and anybody who has an interest in nature is invited to come get their hands dirty and learn new things.

The event takes place

rain or shine and those needing service hours can get signed off.

By slowing, spreading and sinking runoff into the landscape, erosion, downstream flooding and sedimentation are

Volunteers will learn about native plants, our native pollinators, what causes flash flooding and how our local hydrology works.

reduced.

By passively irrigating a larger portion of the park landscape, JBSA-Fort Sam Houston acquires a non-Edwards Aquifer water source for irrigation, reduces pumping demands from the aquifer, recharges local groundwater supplies, regenerates pollinator habitat with gravity irrigated linear pollinator gardens, biologically filters the stormwater runoff with native plants and provides a beautiful trail for people to enjoy the outdoors with the newly enhanced natural wild-

life gardens.

This multifunctional project will:

- Turn a stormwater “waste product” into a vital resource;
- Reduce pollution by filtering sediments from parking lot runoff and biologically filter this stormwater;
- Re-green this parkland which has been separated from the natural creek by concrete-lined engineered ditches;
- Reduce downstream flooding and provide free gravity powered irrigation to the park;
- Provide several hundred feet of gravity irrigated pollinator gardens and space for about 20 more trees;
- Provide a short nature trail and a place for children and adults to come and enjoy nature right near downtown;
- Provide a volunteer opportunity for the public to install and get educated on progressive water stewardship;
- Help educate about sustainable water stewardship practices;
- Help Joint Base San Antonio secure its military mission.

Bring water, a snack and wear clothing appropriate for being outside in a new garden.

Any non-Department of Defense ID-carrying volunteers need to call 295-4724 or 218-7915 for more information.

News Briefs

Continued from P3

ties are limited. Beneficiaries who sign up for care at the new clinic will need to see their provider at the Fort Sam Houston Clinic or the Taylor Burk Clinic at Camp Bullis until the clinic opens. The 12,500-square-foot community-based medical home will house 13 board-certified providers with varied backgrounds and a multitude of experience to serve their patients. People will also have the benefits of on-site laboratory capabilities and a drive-through pharmacy. The address is 10010 Rogers Crossing, which is located off State Highway 151 and Westover Hills Boulevard.

Taylor Burk Clinic Taking Enrollments

The Taylor Burk Clinic located at Joint Base San Antonio-Camp Bullis provides accessible, high quality healthcare to active duty military, their dependents, and other TRICARE Prime beneficiaries. A scope of comprehensive services are provided, including acute illness care, preventive health maintenance, health promotion and wellness, education and counseling, and specialty consultation and referral with a 97 percent overall patient satisfaction rate. Hours are 7 a.m. to 4 p.m. Monday-Friday. Call 916-9900 to make an appointment. If you would like to switch your primary care manager, call Humana Military at 800-444-5445.

North New Braunfels, Harry Wurzbach West Access Control Points Open In Mornings

The North New Braunfels Access Control Point, located by the Quadrangle, and the Harry Wurzbach West ACP, also known as the Pershing Gate, are open from 5:30-8:30 a.m. Mondays through Fridays, except on federal holidays, according to the 502nd Security Forces Squadron.

Harry Wurzbach East ACP, Towers Intersection Blockages

Motorists entering Joint Base San Antonio-Fort Sam Houston through the Harry Wurzbach East Access Control Point are asked not to block the driveways at the Towers of Park

Retired general rehabs at hospital he once commanded

By Elaine Sanchez
Brooke Army Medical Center
Public Affairs

A retired major general has high praise for the health care he oversaw more than two decades ago.

"The care has been truly phenomenal," said retired Maj. Gen. William L. Moore Jr., who served as Brooke Army Medical Center's commander from 1988 to 1991. "But this doesn't surprise me; the quality of medical practice here has always been excellent."

Moore has been un-

dergoing rehabilitation at the Center for the Intrepid, BAMC's outpatient rehabilitation facility, since June 2014 when a fall at home resulted in an above-the-knee amputation of his left leg. Doctors told him he'd never walk again, but he's not only walking now, he's navigating stairs with the help of a prosthesis.

His wife, Sissy, stood by nervously as he descended the stairs at the CFI, gripping his crutches tightly in one hand, shadowed closely by his physical therapist technician.



Photos by Robert T. Shields

Physical therapy technician Troy Hopkins assists retired Maj. Gen. William L. Moore Jr. at the Center for the Intrepid, Brooke Army Medical Center's outpatient rehabilitation facility on Fort Sam Houston Sept. 3.

"My husband is an overachiever," she said. "He's 81 years old and still works out six times a week, then comes here for rehab. His therapists were amazed at his initial progress."

Moore's penchant for achievement was passed down from his father, he said. The son of a World War II first sergeant, Moore recalls his dad waking him each morning with a loud "Off and on!"

From an early age, he aspired to be a service member like his father, but placed those plans on hold to pursue his medical degree. He became a general medicine doctor, got married and started a civilian practice in Rome, Ga.

He didn't shift gears until 1961, when he heard John F. Kennedy's inaugural address: "Ask not what your country can do for you – ask what you can do for your country."

"I walked in the kitchen the next day and told my wife, 'I'm joining the Army,'" Moore recalled. He was commissioned Jan. 4, 1962.

The military took him around the world, but he always ended back at Fort Sam Houston, spending nearly half of his 33-year career in Texas.

His BAMC time dates back to 1965 when he was an internal medicine resident, followed by an Army-sponsored fellowship in infectious disease at Southwestern Medical School's Parkland Hospital



Retired Maj. Gen. William L. Moore Jr. and his wife, Sissy, pose at the Center for the Intrepid, Brooke Army Medical Center's outpatient rehabilitation facility on Fort Sam Houston Sept. 3. Moore served as Brooke Army Medical Center's commander from 1988 to 1991.

in Dallas.

Returning from Dallas in the early 1970s, he started the infectious disease subspecialty program while serving as BAMC's assistant chief of medicine. After a short break in service, Moore reported to duty at Dwight D. Eisenhower Army Medical Center, Fort Gordon, Ga., and from there moved to Germany to command Frankfurt Army Regional Medical Center.

In 1986, former Army Surgeon General Lt. Gen. Quinn Becker asked Moore to head up the Army HIV/Aids program in the surgeon general's office in Washington, D.C. Two years later, in November 1988, Moore – now a brigadier general – took command of BAMC, which was headquartered on main post at that time.

His former secretary, Carolyn Putnam, recalls Moore's innate drive clearly.

"He wanted to improve his musical skills,

so he decided to take piano lessons," recalled Putnam, who is still serving as the BAMC commander's secretary. "His schedule was so busy he ended up taking lessons at 5:30 a.m. and still managed to arrive on time for morning report. His persistence paid off and he plays beautifully."

While he loves music, his primary passion is teaching medicine, said Moore, who also served as commander of AMEDDC&S from 1991 to 1994.

"I always taught the importance of personal responsibility, to care what's happening with patients and to remain interested in the patient as a human being, not a disease," he said. "We should approach patients with a genuine sense of concern for the holistic environment of the patient and his family, always taking into account how the illness might have an impact on their lives."

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Understanding ICE: how to make Interactive Customer Evaluation work for you

By Amanda Sanchez
502nd Air Base Wing
ICE Site Administrator

Customers who use services provided on Joint Base San Antonio, such as the bowling alleys, the ID card facilities, the child development facilities and many others, have been submitting complaints, compliments and suggestions for improvement via the Interactive Customer Evaluation, or ICE, system. This lets managers and leaders know what is working well throughout JBSA and should be continued, as well as what services provided on the installations could use improvement.

If you haven't submitted an ICE comment yet, you are missing your chance to be the voice of major change for JBSA.

Submitting an ICE com-

ment is quick, easy and can be done at any time from any computer or device with internet access at <http://ice.disa.mil>.

Want to make sure JBSA leadership hears your voice loud and clear? Here are some tips for making the most of your ICE comments:

Comment often

Try to comment on each and every service you use throughout JBSA. Whether you receive service at the gate, a child-care facility, the bowling alley or one of the numerous other services on JBSA we want to hear about your experience.

Managers and leaders depend on constant feedback to continually improve services and best meet their customers' needs. Since ICE comments take little time to

submit, you can make a list of services you have used on the installation and submit them once a week, or submit them as you visit the service.

Don't just complain ... compliment!

Submit ICE comments when you receive great service, not just when you have a complaint. Doing this helps managers know what is working well and should be continued. It also helps managers and leaders give those employees who are providing great service the recognition they deserve.

Give the benefit of the doubt when commenting about employees and service

Everyone has a bad day now and then. Sometimes service providers are at the mercy of others

to fix problems with their facilities. Maybe a service provider is short staffed due to circumstances out of their control. However, if you visit the same service numerous times and encounter the same issue repeatedly, it is probably time to submit an ICE comment.

Always give your name and contact info and request follow-up if you would like an update

There will probably be some situations when you won't feel like giving your name, but rest assured that when you submit contact information, it is – per Department of Defense ICE Policy – not to be used for retaliation.

By giving your contact information and requesting a follow-up, you are telling management this

is something important to you.

If you're commenting on an issue you need help with, receiving follow-up ensures you get the help you need.

For example, if you submit an ICE comment regarding a problem with a travel voucher, but don't leave contact information, management can't look into your situation further or provide you a response or update concerning your situation.

If you are complaining about something less life changing – such as an area of grass you believe needs to be mowed or overflowing trash bins – you give the message to the reader that this is something you really want to see fixed.

If you don't say something, others might not

either and the problem will likely never be fixed

If everyone depends on someone else to speak up, managers and leaders may never become aware of an issue.

Managers should know what their employees are doing and what kind of service their organization is providing, but since they can't be everywhere all the time, they rely on your help to know if something needs improvement.

By using these simple tips when submitting your ICE comment card, you can provide thorough feedback which can be critical in making changes in services provided to everyone at JBSA.

You can be the voice of change. For questions or more information about ICE, call 221-2543.

Air Force general takes charge of San Antonio Military Health System

Air Force Maj. Gen. Bart Iddins assumed the role of market manager of the San Antonio Military Health System from Army Brig. Gen. Barbara Holcomb Tuesday.

As market manager of the San Antonio Military Health System, Iddins integrates a medical system that has a collective operating budget of \$1.2 billion and provides health care for more than 240,000 beneficiaries who visit the system's 10 medical facilities in the San Antonio metropolitan area.

Iddins, who also commands the 59th Medical Wing headquartered at Joint Base San Antonio-Lackland, becomes the fourth market manager in the organization's six-year existence.

The positions of market manager and vice market manager rotate between the U.S. Air Force and the U.S. Army every two years.

The SAMHS is one of six Department of Defense multi-service markets that integrate military health care between the services.

Together, the market manager and medical commanders at local military treatment facilities partner to coordinate health and wellness programs with a clear focus on optimizing patient-centered care and safety, while maintaining the global readiness of U.S. forces throughout the globe.

"I am honored to serve all Joint Base San Antonio mission partners and our 240,000



Maj. Gen. Bart Iddins

beneficiaries as the SAMHS market manager," Iddins said. "Our over-arching goal is to treat your mission as our mission; your family as our family and your hardships as our hardships.

"SAMHS medical personnel are relentlessly focused on exceeding all expectations regarding access to health care services, patient safety, health care quality, education, training, research and combat readiness," Iddins added. "Moreover, all components of the SAMHS health care enterprise are rapidly transforming into a so-called 'high reliability organization' by leveraging innovation, standardization, modern process/quality improvement methods, and the dedication and talents of our extraordinary medical personnel."

Brig. Gen. Barbara Holcomb, who continues to command the Southern Regional Medical Command at JBSA-Fort Sam Houston, said, "Our goal at SAMHS is to make the military

health care system the primary health system of choice for our beneficiaries.

"Over the past year, we have worked purposefully to improve timely access to care, patient safety and quality outcomes across the market by collaborating together and focusing on common processes and procedures," Holcomb said. "The partnership efforts of our local Army and Air Force medical units throughout SAMHS have resulted in more efficient uses of resources, better patient outcomes, and streamlined, standard processes.

"There are still many areas we can improve but the most important focus is on our patients and their families to ensure they are provided the best possible care when ill or injured and receive the best health education to prevent illness and injury," Holcomb added.

The SAMHS reached full operating capability Oct. 1, 2014.

Over the past year, local medical commanders and their subordinate senior leaders created the first unified business performance plan.

This five-year plan refines the approach to standardizing processes, reducing health care costs and ensuring that the patient gets exceptional access to quality services.

(Courtesy San Antonio Military Health System)

Mission and Installation Contracting Command directorates merge to provide better field support

By Daniel P. Elkins
MICC Public Affairs

The merging of two directorates at the Mission and Installation Contracting Command headquarters at Fort Sam Houston in August marks another step in the command's posturing to sustain operations in a resource-constrained environment.

As part of the MICC 2025 transformation, the contract support integration directorate and policy and compliance directorate combined their resources to create the MICC Directorate of Contracting Operations, or CONOPS.

While MICC officials have been working on the organizational structure for months, the new directorate was officially established through an operation order Aug. 14.

"The primary objective of the CONOPS is to leverage the collective efficiencies of the command to be more effective in supporting our contracting support brigades and field directorate office as well as their subordinate contracting offices and battalions," said CONOPS

director Pat Hogston.

He added that the new directorate is designed to provide dedicated field support to each of the brigades and field directorate office while still providing functional support in Government Purchase Card management, contracting policy, business management operations, and oversight and assessment.

CONOPS is comprised of two field support divisions; one supporting the 412th Contracting Support Brigade at Fort Sam Houston and MICC Field Directorate Office at Joint Base Langley-Eustis, Va., and the second supporting the 418th CSB at Fort Hood, Texas, and 419th CSB at Fort Bragg, N.C.

The directorate also has divisions dedicated to GPC, policy, business management and oversight and assessment responsible for managing the workload in support of the field.

Hogston explained that the new CONOPS organizational construct also establishes a support manager position for each brigade and field direc-



Photo by Ryan L. Mattox

Sybille Quigtar-Hamilton completes Defense Acquisition University studies to become a contracting officer's representative at Fort Sam Houston Sept. 8. She is a Mission and Installation Contracting Command management and program analyst assigned to the business management operations division in the contracting operations directorate.

torate office that serves as the single entry point into the headquarters for contracting-related matters. These support managers will also be the central point for headquarters communications with the brigades and field directorate office on contracting matters.

The standup of the CONOPS directorate is part of several organizational realignment and workload-workforce rebalancing measures implemented over the last year.

Organizational leaders in the field and at the headquarters conducted a com-

prehensive analysis of the MICC organizational structure and business processes at the direction of the commanding general to identify inefficiencies that could help alleviate staffing and funding shortages.

"The transformation taking shape across the MICC is a testament to our agile and adaptive workforce," said Brig. Gen. Jeffrey Gabbert, MICC commanding general. "The headquarters must also transform to be more responsive to our subordinate units. This effort is one of many we are implementing to provide better support."

Headquartered at Fort Sam Houston, the MICC is responsible for providing contracting support for the warfighter at Army commands, installations and activities located throughout the continental United States and Puerto Rico. Through August of this fiscal year, the command has executed more than 27,400 contract actions worth more than \$3.8 billion across the Army, including \$1.5 billion to American small businesses.

New Mission and Installation Contracting Command sergeant major named

By Ryan L. Mattox
MICC Public Affairs

Army officials announced Sept. 2 the next command sergeant major for the Mission and Installation Contracting Command at Fort Sam Houston.

Command Sgt. Maj. Tomeka O'Neal has been selected to the MICC's top NCO position succeeding Command Sgt. Maj. Stephen Bowens, who departed in August for his assignment as the Department of the Army Sexual Harassment/Assault Response and

Prevention sergeant major.

O'Neal comes to the MICC from the U.S. Army Sergeants Major Academy following completion of her assignment as the brigade command sergeant major for the 1st Infantry Division Sustainment Brigade at Fort Riley, Kan.

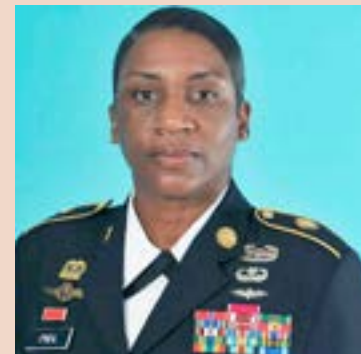
O'Neal was actually in transition during the interview and selection process, with only a few days on the ground in-processing at Fort Bliss, Texas, when she was notified that she was the choice to fill the vacant MICC command sergeant major position.

"I was extremely elated and humbled all in the same breath and could only think about what was next over the horizon," O'Neal said.

O'Neal brings a broad swathe of experience to the MICC as she has worked in all levels of leadership within the sustainment arena. She also has an in-depth working knowledge across relationships with previous assignments within the U.S. Army Special Operations Command, medical commands and infantry divisions that will prove valuable to the MICC, whose

Soldiers and Army civilians provide direct support to the warfighter.

"I am very pleased to have Command Sgt. Maj. O'Neal join our formation," said Brig. Gen. Jeffrey Gabbert, MICC commanding general. "She is an outstanding leader and brings a wealth of experience to the command. Command Sergeant Major O'Neal's experience with sustainment operations is highly valuable as the link between acquisitions and our customers at the tactical and operational level."



Courtesy photo

Command Sgt. Maj. Tomeka O'Neal assumes responsibilities as the Mission and Installation Contracting Command's next command sergeant major.

Combat medics train as they fight

By Army Staff Sgt. John Healy
2nd Armored Brigade Combat Team
1st Cavalry Division Public Affairs
Camp Casey, South Korea

The Army healthcare specialist has another name by which it is recognized by the general public. The combat medic.

These Soldiers are trained to perform all the tasks of an emergency medical technician and more, all while under enemy fire. The job is intense, and their training must reflect that intensity.

First Sgt. Henry Pantoja of Charlie Company, 1st Battalion, 9th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, calls in the nine line medevac request from the radio in his Highly Mobile Multi Wheeled Vehicle. A tank round has exploded near an M113 Armored Personnel

Carrier, injuring four Soldiers. This is the signal to begin the exercise.

Within two minutes, a second HMMWV outfitted as a field-loaded ambulance tears up the road towards the injured Soldiers scattered around their damaged M113. The red cross on a white field painted on each side are unmistakable. The medics are on the scene.

"Our job is to be a Swiss army knife," said Spc. Leon Jonas, who works at the Combined Troop Aid Station for 1-9 Cav. "We see simple things to very extreme things."

This type of exercise is what he calls a "trial by fire." Jonas runs for the nearest casualty.

The injured Soldier, who had been relaxing moments before, laughing while smearing fake blood over her Army Combat

Uniform, clutches at Jonas' uniform and starts screaming. Jonas speaks to the Soldier, telling her that she's going to be ok and that they're going to take care of her. His eyes are on the combat application tourniquet that he's fastening just above the end of her severed leg. Her lower leg and foot lie a few feet away.

Jonas calls for his counterpart, Spc. Wesley Gibens, another combat medic, to help lift her onto the litter he's prepared. They secure the Soldier in place using ratchet straps to prevent her from falling and injuring herself further.

Before they move her over to the ambulance, Jonas picks up all of her personal belongings and tucks them under the ratchet straps beside her: a helmet, a pair of glasses and her severed leg.

"If you don't see training as being realistic, then it's not training," Jonas said. "It helps me definitely to know where my weaknesses are, and where I need to improve as a health care specialist or as a combat medic and as an evacuation team chief. It makes me a better leader."

With the ambulance loaded, it's time to head back to the aid station. The casualties are unloaded and carried into the makeshift triage center to either be treated or air lifted to a better equipped hospital if necessary. Under the guidance of the clinic's designated physician assistant, the medics explode into action.

Pfc. Christina Suarez, a medic from San Antonio, begins evaluating patients as they arrive. With each patient, her hand become more and more bloody. A



Photos by Army Staff Sgt. John Healy

Spc. Leon Jonas (left), who works at the combined troop aid station for the 1st Battalion, 9th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, applies a combat application tourniquet during a training exercise at Rodriguez Range, South Korea, July 27. Combat medics are trained to be a "Swiss army knife," able to respond and make lifesaving decisions in a wide variety of both combat and non-combat related scenarios.

small pool starts to form beneath the gurney at her station.

"It's fake," Suarez said. "It's more just to get us in the mindset that 'this is happening.' It makes it more realistic."

Working alongside her is Pfc. Zachary Iser. Iser used to be a firefighter. He joined the Army as a combat medic to make his resume as a professional firefighter more competitive.

Iser's patient is having trouble breathing. Inserting an artificial airway through the nose doesn't help, so the physician's assistant instructs Iser to begin a cricothyrotomy, creating an airway by performing emergency surgery on the patient's throat. Once the patient is breathing on their own, he begins preparing them for helicopter transport to the nearest hospital.

"Anything under the sun that the PA would al-

low us to do, we can do," Iser said. "We're pretty much paramedics."

The last of the injured Soldiers are carried to the medevac helicopter and secured for transport. Even though there are no more patients to care for, tension is still high as the last of the adrenaline fades.

"Today was our mass casualty training," Iser said. "They pretty much went through and tried to overload our systems with what they thought would be too many patients or too much severity of the injuries."

"There are a couple things that we can definitely improve on," Iser said. "Nobody's perfect but you strive to be as perfect as you can for every patient."

"You give the same treatment that you would want to get if you were in the same situation," Iser said.



Health care specialists at the 1st Battalion, 9th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division's aid station prepare to evacuate patients to the nearest hospital via helicopter during a training exercise at Rodriguez Range, South Korea, July 27. The combined troop aid station serves as a triage center where patients are treated according to the severity of their wounds.

Longtime Army North Quadrangle animal caretaker has unique responsibilities

By Sgt. Christian A. Turner
U.S. Army North Public Affairs

Adam Quintero rises every morning before the chickens, literally.

Before the rooster at Fort Sam's historic Quadrangle has the chance to "cock-a-doodle-doo," Quintero has already begun making his rounds.

His first task of the day – and his favorite – is feeding the animals.

Timid deer lurk yards away while the peacocks, turkeys, ducks and aforementioned rooster flock to the feeding station in anticipation. He gives them a warm good morning as he throws out feed, almost like a parent sitting down for breakfast with their children, because for Quintero these animals have become family.

"We're all in a group of love," Quintero said. "We should show it to both humans and animals and let nature take its course."

Being an animal caretaker wasn't the career path Quintero always had in mind. He recalls as a child not really knowing what he wanted to be, but being grateful for a chance interaction more than 40 years ago.

He was working at Brooke General Hospital – now known as Brooke Army Medical Center – as a laboratory technician when he met an Army master sergeant with a unique job: animal caretaker at the Quadrangle. The sergeant was soon to be reassigned and asked Quintero if he would like to take over his job. Quintero – who had



Fort Sam Houston Quadrangle animal caretaker Adam Quintero scans the pond in the southeast corner of the area prior to cleaning. Pond maintenance is one of the many duties Quintero performs to take care of the Quad's many deer, ducks, peacocks and fish.

never heard of the Quadrangle – paid a visit, applied for the job and for four decades has never thought of doing anything else.

His days consist of duties aimed at protecting the animals; pond maintenance, keeping them out of the trash and tending to isolation cages. On unfortunate occasions his routine includes caring for sick and injured animals.

"When something happens to them or they're not right I'm concerned," said Quintero. "I have to do something. I have to

step in and I'll do everything within my means to help correct it. When they hurt, I hurt."

Prior to becoming a hospital lab tech Quintero served in the Army for seven years. The Vietnam vet recalls how he depended on his fellow soldiers for survival in Vietnam, is how he depends on the animals of the Quad to survive today.

"It's a therapy so to speak," he said. "They're here for me and vice versa I'm here for them. Put those together and you get a

beautiful feeling."

Quintero says the joy his animal family brings should be shared by all.

"It is a gift that everyone that should come out here and enjoy," he said. "Whether they like to come and just visit the animals or come to the museum they should come enjoy it."

The Fort Sam Houston Quadrangle is open to visitors every weekday from 9 a.m. to 5 p.m. and weekends from 12-8 p.m. The museum hours are 10 a.m. to 4 p.m. Monday-Friday and 12-4 p.m. Saturday.



Fort Sam Houston Quadrangle animal caretaker Adam Quintero feeds one of the quad's many deer during his daily routine.



Photos by Sgt. Christian A. Turner

A juvenile turkey hungrily awaits feed from Quadrangle animal caretaker Adam Quintero. Quintero has cared for the animals at the Quadrangle for more than 40 years.

SIGNS from P2

seems weird: he used to talk about how proud he was to have such a beautiful instrument. His wife has been threatening divorce this last year. Brooding on death may indicate suicidal thoughts and giving away treasured possessions suggests the threat of suicide is imminent.

Warning signs of suicide

- Changes in behavior
- Increases in drug or alcohol use
- More frequent talk about death
- Mood swings
- Reckless behavior or risky activities
- Anxiety or agitation
- Giving away possessions
- Withdrawal from friends
- Rage, desire for revenge
- Hopelessness
- Feeling trapped
- No reason for living, no sense of purpose

Suicidal intent or behavior often occurs following a number of stressful events and circumstances. There is no magic solution or special indicator to determine when someone is suicidal.

However, learning to identify and act on warning signs can be the first line of defense for a battle buddy who may be in need of extra support during a difficult time.

Although Army leadership continues to implement programs and strategies to address this issue, the pulse of the force remains at the grass roots level.

Suicide prevention starts with you and your attention to the Soldiers you know best. You may not know why someone is having problems, but you are close enough to Ask, Care, and Escort if necessary.

JBSA Physical Evaluation Board holds workshop

By Army Lt. Col. Marvin Brown
Joint Base San Antonio Physical
Evaluation Board

The Joint Base San Antonio Physical Evaluation Board held a workshop with medical providers and physical evaluation board liaison officers from 11 medical treatment facilities and Office of Soldiers Counsel stakeholders Aug. 26-28 at building 367 on Fort Sam Houston – the first such workshop held since 2009.

The mission of the JBSA PEB is to conduct relevant and professional physical disability case evaluations with



Photo by Army Maj. Melissa Field

Sarah Erney (left), Office of Soldiers Counsel paralegal, and Aaron Feldman, Office of Soldiers Counsel attorney, participate in a mock formal evaluation board at building 367 on Fort Sam Houston Aug. 26.

its partners to sustain the readiness of the Army Total Force while taking care of Soldiers,

civilians and family members.

The workshop was organized by JBSA

PEB deputy president Charles Oliver, JBSA PEB senior physician Dr. Terrie Wurzbacher, and PEB human resources manager Michelle Steiner.

With 64 participants from various MTFs, the workshop focused on improving Integrated Disability Evaluation System procedures, strengthening relationships between the PEB and its partners and affording the medical evaluation board from all 11 MTFs the opportunity to interact and solve problems.

The PEB addressed

See PEB, P16



Photo by Army Maj. Melissa Field

Army Col. Flip Wilson, president of the Joint Base San Antonio Physical Evaluation Board, provides opening remarks to attendees of the JBSA PEB/Medical Treatment Facility Workshop at building 367 on Fort Sam Houston Aug. 26.

9/11 from P1

or sacrifice in war.” It is the Soldier who sacrifices their lives in combat to support and defend the Constitution of the United States of America against all enemies foreign and domestic.

“We sing about this same sacrifice in the Army song when we say, count the brave, count the true who have fought to victory; the first to fight for the right; and fighting till the battle’s won,” Dingle added. “It all speaks to a sacrifice, an unspoken commitment to our nation that at times results in the ultimate sacrifice that our six medical corps officers paid when they died while serving their country.”

Wagner was killed the morning of Sept. 11, 2001 while working at the Pentagon, making her one of the first casualties of war. During her 17 years in uniform, she rose to the position of medical personnel officer in the Of-

fice of the Army Surgeon General and Deputy Chief of Staff for Personnel and she even found time to become an avid cook.

Teal was killed Oct. 23, 2003, during Operation Iraqi Freedom while serving with 2nd Brigade, 4th Infantry Division, out of Fort Hood, Texas. Teal was a 1994 graduate of Virginia Military Institute. His mother, Emmie Teal, said her son spent his final days helping sick children and meeting with Iraqi citizens.

Soltes was killed Oct. 13, 2004, during Operation Iraqi Freedom. A 1990 graduate of Norwich University, Soltes joined the Army Reserves in the same year and was assigned to the 426th Civil Affairs Battalion based out of Upland, Calif. Soltes worked as an optometrist and as a preventive health specialist with the battalion’s public health team.

Perez was killed Sept. 12, 2006, during Operation Iraqi Freedom. She was born in Heidelberg,

Germany to a military family and was a graduate of the United States Military Academy at West Point, N.Y.

White-Stumpf was killed while serving in Kandahar Province, Afghanistan Oct. 22, 2011. A 2009 graduate of Kent State University, she was assigned as an evacuation platoon leader to the 230th Brigade Support Battalion, 30th Heavy Brigade Combat Team, North Carolina National Guard. She later volunteered to serve as a member of the cultural support team attached to a Joint Special Operations Task Force in Afghanistan.

Cabrera died Oct. 29, 2011, in Kabul, Afghanistan. Cabrera, a 1992 graduate of Texas A&M University, earned a master’s of science degree in social work and completed his Ph.D. at the Catholic University of America, in Washington, D.C. and soon after, joined the U.S. Army as a medical service corps officer.

When asked why we have this type of ceremony, Sgt. 1st Class Marian Niemotko said, “It is to remember the ones that have fallen in either defense of our country or by serving our country in the military.”

Chief Warrant Officer 5 John Burgess, chief of clinical engineering

at the U.S. Army Medical Command, said he met Wagner while in Washington D.C. and said it is important to continue to have these ceremonies.

“It is important because it is about remembering not only the sacrifices that these folks made, but the sacrifices

that our other folks have stepped up to,” Burgess said. “It is good for us to remember, good for us to pass on that legacy, if you will, or those thoughts to those junior Soldiers coming up that don’t necessarily remember. We are here to remember not just these folks’ sacrifices, but all sacrifices.”



Photo by Esther Garcia

Members and friends of the U.S. Army Medical Service Corps salute during the playing of the National Anthem at the U.S. Army Medical Service Corps 9/11 Remembrance Ceremony at the Fort Sam Houston National Cemetery, held in honor of the Medical Service Corps officers who paid the ultimate sacrifice as a result of the terrorist attack Sept. 11, 2001 and in support of combat operations.

Army's 42nd General Hospital treated liberated POWs at end of World War II

The 70th anniversary of the end of World War II in the Pacific as Sept. 2. Following the military planners that had gathered forces for the assault into Japan – Operations Olympic and Coronet – quickly shifted strategies for occupation duties.

Similarly, medical units changed their tasks from treating combat injuries to a different mission. One of the first medical units to arrive in Japan after the surrender was the Army's 42nd General Hospital.

The 42d General Hospital, which had arrived in Tokyo Bay in August 1945 aboard the U.S. Army Hospital Ship Marigold, assumed the processing and immediate care of liberated prisoners of war and civilian internees.

Facilities were established at

warehouses in the Yokohama dock area Sept. 3 and 24 hours later, the first group of freed POWs went through medical processing.

A total of 17,531 prisoners and internees were processed through the 42nd General Hospital during the 18-day period it operated in this capacity.

The evacuees included Soldiers and civilians from the United States, Great Britain, Ireland, Canada, Australia, New Zealand, India, the Netherlands, Greece, France, Spain, Iceland, Finland, Italy, Malay, Guam, China, Norway, Hawaii, Czechoslovakia, Mexico, Burma, Poland, Malta and Portugal.

(Source: U.S. Army Medical Department of History and Heritage)



Photo courtesy U.S. Army Medical Department Center of History and Heritage

Former Allied prisoners of war in line for processing at the Yokohama docks.

U.S. ARMY MEDICAL COMMAND SERGEANT MAJOR TOURS USAISR



Photo by Steven Galvan

U.S. Army Medical Command Sgt. Maj. Gerald C. Ecker (right) is welcomed to the U.S. Army Institute of Surgical Research at Fort Sam Houston Sept. 9 by USAISR Sgt. Maj. James L. Devine (left) as USAISR commander Col. (Dr.) Michael D. Wirt looks on. Ecker toured the Battlefield Health and Trauma Research Institute, as well as the USAISR Burn Center. During the visit, Ecker talked with several Soldiers throughout the institute, where he was briefed on some of the research programs that are designed to optimize combat casualty care for wounded warriors.

TRAINING WITH HORSE-DRAWN AMBULANCES



Photo courtesy U.S. Army Medical Department of History and Heritage

Utilizing earlier transport methods, a group of Army Reserve Officer Training Corps members manage a horse-drawn ambulance. Although more modern vehicles were available at the time of the photograph in 1932, the horse-drawn ambulance training was performed in heavily wooded areas, while the motorized ambulance was reserved for road use. The training took place at the Medical Field Service School located at Carlisle Barracks, Pa.

Freeze-dried plasma effort seeks to increase battlefield survival rates

The Army Blood Program, a service component of the tri-service Armed Services Blood Program, is currently involved in an initiative to collect licensed fresh plasma from volunteer donors. The donations will be converted into freeze-dried plasma, a new product that may significantly increase the survival rates for service members wounded on the battlefield.

"Plasma is often the unsung hero in the blood banking world," said Navy Capt. Roland Fahie, ASBP director. "It's an important component that is often overlooked; but in reality, it can play a large role in saving lives of service members worldwide."

Plasma makes up about 55 percent of a person's overall blood content and carries the other blood components – red blood cells, white blood cells and platelets – throughout the body. It also contains clotting factors that help stop bleeding, making it an important blood product to have on the battlefield.

According to Army Lt. Col. Audra Taylor, Army Blood Program director, studies show that giving plasma before a wounded patient reaches a hospital significantly improves the possibility of survival.

"Freeze-dried plasma is an ideal treatment for the battlefield because of its packaging," Taylor said. "The plasma can be easily reconstituted to its original form when mixed with water and administered in less than six minutes. This is a big advantage for our service members who are injured on the battlefield."

Unlike fresh frozen plasma which is required to be stored at negative 18 degrees Celsius, freeze-dried plasma does not require refrigeration or dry ice, making it easier to transport in theater.

"Because there is no refrigeration requirement, switching to freeze-dried plasma will reduce the battlefield power requirement," Fahie said. "Reducing the battlefield power requirement means the freeze-dried product can be deployed further forward than fresh frozen plasma."

Taylor also said that the shelf life for freeze-dried plasma is notably longer than that of fresh frozen plasma.

"Freeze-dried plasma has a shelf



Courtesy graphic

The Army Blood Program is involved in a program to collect fresh frozen plasma and convert it to freeze-dried plasma.

life of two years, whereas fresh frozen plasma only lasts one year when frozen," Taylor said. "The longer shelf life also helps ensure that we continually have quality blood products on hand – another considerable advantage for our troops."

In order to donate plasma for the freeze-dried program, a donor must be male with type A, B or AB blood, weigh at least 175 pounds, and meet the general requirements for donating whole blood (http://www.militaryblood.dod.mil/Donors/can_i_donate.aspx).

The procedure, known as apheresis, is similar to a normal plasma donation. Blood is drawn from a donor's arm into a sterile self-contained system that separates the plasma from the other blood components. The plasma is collected and the remaining components – red blood cells, white blood cells and platelets – are then returned to the donor through the same arm.

"At no time is your blood exposed to open air," Taylor said. "Nor does it leave the sterile, enclosed environment of the plasma apheresis system.

The procedure is very safe for donors and ensures a safe, quality and potent donation for recipients."

Taylor said there are two differences between a regular plasma donation and one for the freeze-dried program: how much plasma is collected and the need for the donor to return after the first donation.

For a single unit, Taylor said a total of 250 milliliters are drawn from a donor. For a freeze-dried donation, a total of 750 milliliters are drawn and the donor receives a saline replacement during the donation. Additionally, a donor must be able to return 60 days after the initial donation in order to participate in the program.

"Since the freeze-dried plasma initiative is using donor retested plasma, the donor must be retested for all disease markers within 60 days of the first donation," Taylor said. "Ideally, the blood donor center will accomplish this by having the donor complete a second donation. This not only completes the testing requirement, but it also produces more products for the program."

Today, six of the ASBP's donor centers – located at Fort Sam Houston, Fort Bragg, N.C.; Fort Gordon, Ga.; Joint Base Lewis-McChord, Wash.; Landstuhl, Germany; and the Tripler Army Medical Center, Hawaii – are participating in the freeze-dried program. To donate, contact the Akeroyd Blood Donor Center blood donor recruiter at building 1240 on Harney Road at 295-4655.

"For many of our wounded service members, having quality blood products available that can be administered quickly is the difference between life and death," Fahie said. "This is an important program that will go a long way towards saving lives. We encourage you to join this elite group of donors who will help shape the future of the Armed Services Blood Program."

For more information about the freeze-dried plasma effort, visit the ASBP website at http://www.militaryblood.dod.mil/tech/freeze_dried_plasma.aspx.

(Source: Armed Service Blood Program)



Newcomer's Orientation

Friday, 8 a.m. to noon, Military & Family Readiness, building 2797. Mandatory in-processing briefing for all military and civilian personnel newly assigned to JBSA. Service members must coordinate with their Unit personnel coordinator or command support element. Spouses are welcome to attend, all patrons must be seated by 7:50 a.m. Call 221-2705.

Car Buying

Friday, 10-11 a.m., Military & Family Readiness, building 2797. Budgeting for a car is more than just monthly payments. This workshop will help you avoid sales traps and review car fax, trade-in value, negotiating tips and more. Call 221-2380.

EFMP Family Movie Day

Friday, 2-4 p.m., Military & Family Readiness, building 2797. Exceptional Family Member Program families and friends are invited to watch "The Nut Job" in a sensory-friendly environment. Call 221-2705.

Applied Suicide Intervention Skills Training For Trainers

Monday-Sept. 25, 9 a.m. at the Soldier and Family Assistance Center, building 3639. The Applied Suicide Intervention Skills Training For Trainers, or ASIST T4T, workshop is open to active duty military. The training workshop equips personnel with the ability to facilitate/train 2-day ASIST workshops, also called ASIST T2T. ASIST T4T certification requires the individual to complete this five-day course. Upon completion, the candidate will also be required to conduct three ASIST two-day workshops within one year to receive trainer status. Due to the demand of the T4T Workshop and limited seating, all applications will be evaluated upon receipt. Confirmation of registration in the workshop will be sent via email no later than one week prior to the start of the workshop. For more

information and to register call 221-2093.

Employment Readiness Orientation Session

Mondays, 9-10 a.m., Military & Family Readiness, building 2797. Meet your employment readiness team. This is an opportunity for us to get to know you and to assess how we can best assist you with your employment needs and desires. Call 221-2380.

Children In The Middle

Monday, Sept. 28, noon to 4 p.m., Military & Family Readiness, building 2797. This two-part series must be attended in order and meets the Texas court ordered requirements for divorcing parents. Topics focus on the children growing up between two homes and provides separating parents with specific strategies on how to handle the unusual circumstances. Call 221-2418.

Trauma In The Unit

Tuesday, 9 a.m. to noon, Military & Family Readiness, building 2797. Provides information and guidance to leaders on how to help service members, families and units understand and respond when traumatic events occur. Call 221-2418.

Citizenship, Immigration Assistance

Tuesday, 9 a.m. to noon with 2 p.m. ceremony, Military & Family Readiness, building 2797. Information is provided on American customs and culture. A Citizenship and Immigration Service officer will be available on-site to assist with application questions. Eligible patrons will take the Oath of Allegiance at a Naturalization Ceremony beginning at 2 p.m. Sept. 22. Registration not required. Call 221-2705.

Personal Growth, Resilience

Tuesday, 9 a.m. to 2:30 p.m., Military & Family Readiness, building 2797. Learn ways to lower stress while increasing conflict management skills. Improve personal relationships while becoming a dynamic team member or leader. Register by Sept. 18. Call 221-2380.

Helping Us Grow Securely Playgroup

Tuesdays, 10 a.m. to noon, Middle School Teen Center, building 2515. Parents and their children, ages 5 and under are welcome to join fun with an interactive playgroup. Registration not required. Call 221-2418.

Army Pre-Separation

Tuesdays through Fridays, 8:30-11:30 a.m., Military & Family Readiness, building 2797. Army patrons separating are encouraged to begin the process 18 months prior to their separation date. This counseling is coordinated through the Soldier for Life Program. Call 221-1213.

Mandatory Post-Deployment Briefing

Wednesdays, 1-3 p.m., Military & Family Readiness, building 2797. Service members returning from deployment are required to attend a resiliency training discussing ways to deal with the stressors associated with post-deployment and reintegrate back into the home life. Call 221-2418.

Hiring Our Heroes Military Spouse Program

Wednesday, 6:30-8:30 p.m. and Thursday, 10 a.m. to 1 p.m. All military spouses, service members and veterans are encouraged to attend this two-day hiring workshop. Thursday, participants will gather at 10750 McDermott Freeway for a free networking reception to speak with local and national recruiters, review ways that will help you stand out as a candidate and assistance in tailoring your resume. Free professional photos for LinkedIn will also be available. Thursday, participants have the opportunity to meet and connect with employers committed to hiring military spouses at the Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Job seekers and employers must register online at <http://www.hiringourheroes.org>.

Salary Negotiation, Social Media

Wednesday, 9-11 a.m., Military & Family Readiness, building 2797. Learn the skill of salary negotiation and tap into the power of social media to find jobs and

market yourself. Call 221-2380.

Spiritual Resilience

Thursday, 10-11:30 p.m., Joint Base San Antonio-Fort Sam Houston Military & Family Readiness Center, building 2797. Learn about the concept of spiritual resilience and how this skill fits into the domains and tenants, what influences your spiritual resiliency and how to provide meaning and purpose during times of adversity. Call 221-2418.

Family Readiness Groups For Commanders

Thursday, 8 a.m. to 12:30 p.m., Military & Family Readiness, building 2797. Provides leadership with an understanding of their FRGs, how to utilize their volunteers, in addition to roles and responsibilities. Call 221-2418.

Family Readiness Group Leadership Academy

Thursday, 8 a.m. to 4:30 p.m., Military & Family Readiness, building 2797. This training covers key positions, roles, and responsibilities. Establish a network, resources, and communications. Call 221-2418.

Dads: The Basics

Sept. 25, 1:30-4:30 p.m., Family Advocacy, building 3387, 3030 Patch Road. This class gives men some basic information about becoming a dad and the role as a father. Participants gain helpful lists, guides, and information related to pregnancy, labor, and delivery, communicating with the spouse, caring for an infant and managing family issues. Call 539-6350

PEB from P13

issues and concerns that were identified by the participants prior to attending the workshop and left the workshop with a better understanding of PEB operations.

The attendees, especially the providers, received several hours of hands-on training prepared by Wurzbacher.

Trails And Tales Tour

Sept. 25, 8 a.m. to 1 p.m., meet at Military & Family Readiness, building 2797. Take a tour of JBSA-Fort Sam Houston and learn about its rich history. Transportation is provided. Due to limited seating, registration is required. Call 221-2705.

Home Buying

Sept. 25, 2-3:30 p.m., Military & Family Readiness, building 2797. Purchasing your first home can seem like an overwhelming process. Learn about down payments, mortgages, escrow, financing, home inspections, surveying, property taxes, fees, titles, insurance and legal responsibilities. Call 221-2380.

Accessing Higher Education

Sept. 28-30, 7:30 a.m. to 5 p.m., Education Center, building 2408. A three-day track for those pursuing higher education. Service members will review education requirements that support their personal goals. Topics include: achieving academic success, research and comparing institutions and financials. Call 221-1213.

Volunteer Orientation

Sept. 30, 9-10 a.m., Military & Family Readiness, building 2797. Newly assigned volunteers will in-process and receive training on their responsibilities. Call 221-2380.

Domestic Violence Awareness 5K Run/Walk

Oct. 24, registration at 7:15 a.m., run/walk starts at 8 a.m., Jimmy Brought Fitness Center. Show awareness of domestic vio-

lence by wearing purple top. Donations of baby wipes, along with women's and children's underwear collected for local shelters. Call 292-5967.

Lending Closet

Recently moved and in need of a few household items until yours arrive? The Lending Closet loans basic household goods while yours are in transit; kitchen equipment, high chairs, sleeping mats, irons and more. Permanent party, students, TDY, retirees and civilians may borrow up to 30 days. Bring a copy of your orders. The Lending Closet is open Monday through Friday, 8 a.m. to 3 p.m. Call 221-2705.

School Liaison Office

The School Liaison Office assists parents with children in grades K-12. SLO can help with the transition between schools; provide information about local school systems, policies, programs and more. Call 221-2214 for more information.

Military & Family Life Counselors

Military & Family Life Counselors help service members, their families, significant others, and DoD civilian staff in addressing issues from deployment and reintegration, marriage and relationships, stress and anxiety, depression, grief and loss, or daily life issues. Consultations and trainings are anonymous, no records are kept. After-hours and weekend appointments are available. Meetings can also be arranged off-site. Call 221-2705 or 221-2418 to schedule an appointment.

The physical evaluation board liaison officers also got a chance to see the physical evaluation board process from start to finish during presentations by Steiner and her staff. Office of Soldiers Counsel legal representatives Aaron Feldman, Sarah Erney and Robin Briggs also provided insight to assist staff in preparing a Soldier for

a formal PEB appearance.

PEB president Army Col. Flip Wilson closed out the workshop with some key observations and reflections on the training, and thoughts on the "way ahead." Wilson also showed a short video about Sgt. 1st Class Joseph Kapaczewski, the first amputee in history to return to combat.



'Lighting The Way' 5K Walk/10K Run

The San Antonio Lighthouse for the Blind holds its 7th annual "Lighting the Way" 5K/10K Walk/Run at 8 a.m. Sept. 26 at the Wheatley Heights Sports Complex, 200 Noblewood Drive. Pre-registration is ongoing at <http://www.salighthouse.org/events>. Cost is \$30 until Thursday and \$35 the day of the event.

Military, Veterans, First Responders Appreciation Luncheon

Oct. 17, 11 a.m. to 2 p.m., Crown Plaza Airport, 1111 NE

Interstate Loop 410. A free appreciation luncheon for military members, veterans, wounded warriors, first responders and their families will include barbecue and all the fixings, music, dancing, door prizes and more. For more information or to RSVP, call 843-7738

SeaWorld, Aquatica Offer Veterans Free Admission

Military veterans and up to three guests are invited to enjoy complimentary admission to both SeaWorld and Aquatica on scheduled operating days during their San Antonio tribute program through Nov. 8. Veterans must register in advance at <http://www.WavesofHonor.com> and verify their proof of service through the ID.me qualification process. SeaWorld is working

with ID.me to provide an online verification of former military personnel in a secure manner. Once veterans and their guests have registered online, they can bring their e-tickets directly to the park's turnstiles. Tickets may be obtained and redeemed by Nov. 8.

Texas Military Polo Club

Interested in a challenge and know how to ride a horse? The Texas Military Polo Club is offering polo lessons. For more information, call 512-484-4384 or visit <http://www.facebook.com/texasmilitarypolo>.

Military Salute At The Briscoe Museum

The Briscoe Western Art Museum, located at 210 W. Market St. in San Antonio, offers a military salute program that

allows year-round free admission for active duty military and up to four members of their family. For more information, visit <http://www.briscoemuseum.org>.

Van Autreve Sergeants Major Association

The Sgt. Maj. Of the Army Leon L. Van Autreve Sergeants Major Association meets at 5 p.m. on the third Thursday of each month at the Longhorn Café, 1003 Rittiman Road. All active duty, Reserve, National Guard and retired sergeants major are invited. Call 539-1178.

Enlisted Association

Chapter 80 of the Enlisted Association meets at 1 p.m. on the fourth Wednesday of each month at the JBSA-Lackland Gateway Club. Call 658-2344.

CHAPEL WORSHIP SCHEDULE

PROTESTANT SERVICES

Sundays

Main Post (Gift) Chapel

Building 2200, 2301 Wilson Way
8 and 11 a.m. - Traditional

Dodd Field Chapel

Building 1721, 5584 Dodd Blvd.
8:30 a.m. - Samoan
10:30 a.m. - Gospel

Army Medical Department

Regimental Chapel

Building 1398, 3545 Garden Ave.
9:20 a.m. - 32nd Medical Brigade
Contemporary Service
11:01 - Contemporary "Crossroads"

Brooke Army Medical

Center Chapel

Building 3600,
3551 Roger Brooke Rd.
10 a.m. - Traditional

11:30 a.m., Monday through Friday

Saturday

Main Post (Gift) Chapel

4:45 p.m. - Reconciliation
5:30 p.m. - Evening Mass

Sunday

8 a.m. - Morning Mass, AMEDD
8:30 a.m. - Morning Mass, BAMC
9:30 a.m. - Morning Mass, MPC
11:30 a.m. - Morning Mass, BAMC
12:30 p.m. - Afternoon Mass, DFC

JEWISH SERVICES

8 p.m. - Jewish Worship,
Friday, MPC
8:30 p.m. - Oneg Shabbat,
Friday, MPC

ISLAMIC SERVICE

1:15 p.m. - Jumma, Friday,
AMEDD

CATHOLIC SERVICES

Daily Mass

Brooke Army Medical Center Chapel
Building 3600,
3551 Roger Brooke Rd.

11:05 a.m., Monday through Friday

Main Post (Gift) Chapel

Building 2200, 2301 Wilson Way

LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday,
AMEDD

BUDDHIST SERVICES

10 a.m. - Buddhist Services,
Saturday, AMEDD

*For worship opportunities of faith groups not listed here,
please visit the JBSA-Fort Sam Houston Chaplain's website at
<http://www.jbsa.af.mil/jbsachapel/samhouston.asp>.*

REHAB from P6

Moore worked to incorporate those same principles at BAMC, contributing to its long-standing reputation for quality care.

Moore retired in 1994 and has since seen BAMC evolve and adopt new technology over the years but "the changes have been in bricks and mortar, not

in the people," he said. "There's still ample caring, compassion, concern and outstanding professional knowledge of the medicine that's practiced here."

His time at BAMC remains a bright spot in his career, he said. "I had so much fun working here sometimes I wonder why I got paid for it."

From their first meet-

ing, BAMC Command Sgt. Maj. Tabitha Gavia was impressed at his devotion to health and fitness.

"He's a living, breathing example of the Performance Triad," she said, referring to the Army Surgeon General's initiative for activity, nutrition and sleep. "When I'm his age, I want to be just as devoted to wellness as General Moore."

Now back at BAMC as a patient, Moore said he hopes to inspire the service members, some bilateral or triple amputees, recovering at the CFI alongside him. "I hope they look at me and think, 'If this old geezer can do it, I can too,'" he said with a laugh. "The reality is, however much I inspire them, they inspire me more."

Did you know? One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



News Briefs

Continued from P6

Lane. This ensures the safety of the Towers residents and other motorists, according to the 502nd Civil Engineer Squadron. Those who stop in the marked cross-hatching could receive a ticket. For more information, call 295-4784.

Closure of Ludington Road

Ludington Road, located in the industrial section of the southeast corner of Joint Base San Antonio-Fort Sam Houston,

will be closed through Feb. 10, 2016, to rebuild the road. Access to the Army South organizational parking area will be from Parker Hill Road through the 502nd Civil Engineer Squadron Operations storage yard. Access to the Tactical Equipment Maintenance Facility, building 4115, is restricted to contractors only.

New Joint Base San Antonio Website

The Joint Base San Antonio website has a new look and includes easier access to family-related resources. Visit the new site at <http://www.JBSA.mil>.

Stray Animals Notice For JBSA-Fort Sam Houston Housing Residents

Many stray or roaming animal sightings are near residences. The stray or roaming animals are seeking food, water and shelter. Although this is not necessarily a housing problem, housing officials ask that residents refrain from feeding any animal that does not belong to them or that is running wild on Joint Base San Antonio-Fort Sam Houston. If stray or roaming dogs in housing areas or entering the installation are seen, please call the 502nd Civil Engineering Squadron

service call desk at 671-5555 to establish a work order and report the stray as soon as possible. Civil engineers will set traps for the strays and remove once the strays have been caught. If a wild animal is seen, keep away and make sure that no one is leaving food or water near housing areas. In addition, call Lincoln Military Housing at 221-0948 to have pest control service place a trap around the residence.

Telephone Sponsorship Access No Longer Authorized

With the implementation of Air Force Manual 31-113, Instal-

lation Perimeter Access Control, dated February 2015, telephonic sponsorship for installation access is no longer authorized. Joint Base San Antonio-Fort Sam Houston visitor centers will no longer accept telephonic sponsorship for any category of visitor, vendor or contractor requesting access to the installation. The only authorized means of sponsorship will be by "mil" government email or by physically going to the visitor center with the access request. JBSA-Fort Sam Houston has two operational visitor centers, with the Walters Visitor Center located

adjacent to the Walters Entry Control Point at 2150 Winfield Scott Road, building 4179, and the Scott Visitor Center located adjacent to the Harry Wurzbach East Entry Control Point at 3701 Winfield Scott Road, building 2843. For more information, visit <http://www.jbsa.af.mil/library/visitorinformation.asp> or call 221-1108 or 221-2756. Requests for sponsorship can be sent by email to usaf.jbsa.502-abw.list.502-sfs-fsh-visitor-control-center-owner@mail.mil. For more information concerning these processes, call 221-1108 or 221-2756.

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